



## **Breakfast (800 calories)**

### Option 1:

- 2 cups of cooked oatmeal
- 1 scoop of whey protein powder
- 1 medium banana, sliced
- 1 tablespoon of honey
- 1 cup of low-fat milk

### Option 2:

- 2 slices of whole grain toast
- 2 whole eggs + 2 egg whites, scrambled
- 2 slices of turkey bacon
- 1 small avocado, sliced
- 1 medium orange
- 1 cup of low-fat milk

## **Snack (400 calories)**

### Option 1:

- 1 medium apple
- 1/4 cup of almonds
- 1 scoop of whey protein powder mixed with water

### Option 2:

- 1 medium banana
- 1/2 cup of low-fat cottage cheese
- 1 tablespoon of honey

## **Lunch (800 calories)**

### **Option 1:**

- 2 slices of whole grain bread
- 8 oz. of grilled chicken breast
- 2 slices of bacon
- 1/2 avocado
- 2 slices of tomato
- 2 slices of red onion
- 1 tablespoon of mayo
- 1 small side salad with mixed greens, sliced cucumber, and cherry tomatoes
- 1 small bag of baby carrots

### **Option 2:**

- 2 cups of mixed greens
- 8 oz. of grilled salmon
- 1/2 cup of sliced avocado
- 1/2 cup of cherry tomatoes
- 2 tablespoons of balsamic vinaigrette
- 1 small whole grain roll
- 1 small orange

## **Pre-Workout Snack (300 calories)**

### **Option 1:**

- 1 small apple
- 2 tablespoons of almond butter

### **Option 2:**

- 1 small banana
- 1 scoop of whey protein powder mixed with water

## **Post-Workout Shake (500 calories)**

### **Option 1:**

- 2 scoops of whey protein powder
- 1 banana
- 1 cup of low-fat milk
- 1 tablespoon of honey
- 1 cup of frozen mixed berries

### **Option 2:**

- 2 scoops of whey protein powder
- 1 cup of frozen mixed berries
- 1 cup of low-fat milk
- 2 tablespoons of almond butter

## **Dinner (800 calories)**

### **Option 1:**

- 8 oz. of grilled sirloin steak
- 1 cup of roasted sweet potatoes
- 1 cup of steamed broccoli
- 1 small side salad with mixed greens, sliced cucumber, and cherry tomatoes
- 1 small whole grain roll

### **Option 2:**

- 8 oz. of grilled chicken breast
- 1 cup of brown rice
- 1 cup of roasted Brussels sprouts
- 1 small side salad with mixed greens, sliced cucumber, and cherry tomatoes
- 1 small whole grain roll

## **Bedtime Snack (300 calories)**

### **Option 1:**

- 1 cup of low-fat cottage cheese
- 1/4 cup of sliced almonds

### **Option 2:**

- 1 cup of low-fat Greek yogurt
- 1/2 cup of mixed berries
- 1 tablespoon of honey

**Total Calories: 3000**

Remember, this is just a sample meal plan, and you should adjust it to fit your specific needs and preferences. Also, make sure to consult with a healthcare professional before making any significant changes to your diet.